

# Aqua Animals Level Descriptions

## **Level 1 - Guppies**

Entry into the water

Blowing bubbles

Front /Back floats with support

Bobbing

Front/Back kicking with support

Jumping off the side with support

Using the ladder

Using the side of the pool and steps

Safety Skills

## **Level 2 - Tadpoles**

Review all Guppies skills

Front /back floats

Front/back floats with kicks and arm actions

Underwater exploration

Jumping off the side without support

Safety Skills

## **Level 3 - Froggies**

Review all Guppies and Tadpole skills

Front/back glides

Finning on back

Alternating arm action

Begin rotary breathing

Back crawl

Combined stroke on front and back